



## **H-PLUS Function Exercise: DE-HAB**

### **Function Command: PLUS-NO MORE, NO MORE**

#### **Purpose:**

This is your H-PLUS Function exercise to learn to release any physical and mental patterns that restrict and interfere with your well-being and growth.

#### **Application:**

To enlist all segments of the self to diminish and eliminate undesirable and unwanted physical, mental and emotional patterns. To be used whenever the pattern emerges until the need is no longer present.

#### **Instructions For Use:**

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

## Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

## Suggestions For Use:

- **DE-HAB** is very beneficial with the H-PLUS Functions **LET GO, SPEAK UP, MAKE YOUR DAY** and **EAT/NO EAT**.

**Examples** – If public speaking makes you nervous, use **LET GO** for the fear, **SPEAK UP** for ease and clarity of expression and **DE-HAB** to release the underlying habit pattern. If you frequently overeat, combat the habit with **DE-HAB** and encourage your stomach to feel satisfied with **EAT/NO EAT**. Try **RELAX** with **DE-HAB** to combat a heavy smoking habit. If you usually see the downside, program a better scenario with **MAKE YOUR DAY** and use **DE-HAB** to release negative expectations.

## Please Note:

- You may observe that compulsive desires lessen and disappear without feelings of deprivation or struggle.
- You may notice that you act easily and positively in situations which once caused fear or embarrassment.
- This Function exercise is for use as unwanted habit patterns come to conscious awareness.

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Interstate Industries, Inc.

at The Monroe Institute

P.O. Box 130

Nellysford, VA 22958

(804) 361-1500

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